

To complete the assessment, simply take note of your score for each symptom and add it up at the end.

0 = Never feel this symptom, 1 = Feel this symptom 1-2 times per month, 2 = Feel this symptom weekly, 3 = Feel this symptom daily

Head

- Headaches/Migraines
- Dizziness/Faintness
- Neck tension
- Cloudy head

Sinus

- Nasal congestion (stuffy nose)
- Allergies (seasonal or daily)
- Mucus
- Sneezing
- Nose blowing

Eyes

- Dark circles under eyes
- Bags under eyes
- Itchy eyes
- Discharge or watery eyes
- Blurred vision
- Crusted eyes upon waking

Ears

- Itchy ears
- Discharge or drainage from ears
- Ringing in ears, tinnitus
- Excessive wax build up
- Blocked or muffled hearing

Teeth

- Pain in gums or teeth
- Bleeding gums
- Silver fillings (Score with a 3 if you have any metal fillings)

Mouth

- Canker sores
- Cold sores (herpes virus)
- Cracking on lips
- Discolored lips
- White film on lips upon waking or after eating

Tongue

- Red dots on tongue
- Sides of tongue have dents ("scalloping")
- White, yellow, or brown coating on tongue
- Cracks or lines on tongue

Glands

- Swollen lymph nodes (neck, armpits, or groin)
- Difficulty swallowing
- Loss of voice
- Swollen ankles or wrists/hands/fingers

Breathing

- Chest tension
- Inability to get enough air in
- Chest congestion
- Chronic cough
- Clear throat a lot
- Voice hoarseness

Weight

- Difficulty losing weight
- Gain weight easily
- Feel swollen or puffy
- Retain water
- Binge or compulsive eating

Joints/Muscles

- Pain in joints
- Muscle stiffness
- Limited range of motion
- Muscle weakness/Loss of strength
- Arthritis

Skin

- Acne
- Hair loss
- Flushing/Hot flashes
- Dry, flaky skin
- Excessive sweating
- Hives or itchiness
- Psoriasis, eczema, ringworm or skin rashes

Sleep

- Inability to fall asleep
- Can't stay asleep/Wake up frequently
- Nightmares
- Heart racing at night
- Night sweats

Energy

- Tired upon waking
- Daytime or afternoon fatigue
- General lack of energy
- Apathy
- Lack of ambition or drive
- Hyperactivity (can't sit still – have to always be doing something)
- Restlessness (feel uncomfortable with quiet)
- Tap feet or shake leg or hands when seated
- Decreased libido or sexual function

Digestion

- Get tired after meals (esp. lunch)
- Bloating
- Gas
- Belching/Burping
- Heartburn or indigestion
- Diarrhea
- Constipation
- Stomach or intestinal pain
- Nausea or vomiting
- Stomach sticks out more as day progresses

Mind

- Lack of concentration
- Easily distracted or lose train of thought
- Difficulty making decisions
- Brain fog
- Stuttering or difficulty putting together sentences
- Uncoordinated or drop things
- ADD/ADHD or learning disabilities

Emotions

- Anxiety
- Overwhelm
- Seasonal Affective Disorder (SAD)
- Irritability
- Dark thoughts
- Sad for no reason
- Mood swings
- Depressed
- High-strung
- Anger or rage

Immunity

(Score each question below with 10 points if you answered yes)

- Frequent colds (more than 2-3 illnesses a year)
- Allergies (environmental or non-fatal food sensitivities)
- Pneumonia (Score with a 10 if yes within the last 12 months)
- Diagnosed disease (Score with a 10 if you have a diagnosed disease)
- Unexplained illness (Score with a 10 for an undiagnosed disease)

TOTAL SCORE

Add up your score to identify the health sections where you're doing well and the areas that could use some improvement. These are the areas where underlying imbalances may need attention.

After adding up your score see what toxicity stage you're at below:

0-9 Points

Great job – it looks like you're doing well! To maintain this, be mindful to not add too much strain to your body through things like poor sleep, high stress, or an unbalanced diet. At this point, a seasonal 7-day detox can help clear any gradual toxin buildup and maintain a healthy lifestyle to keep you feeling your best!

10-19 Points

You're doing ok, but hidden toxins are starting to show up as symptoms. If left unaddressed, this could lead to a state of imbalance or dis-ease. To avoid this, it's important to start releasing some of that buildup. A detox lasting 7, 14, or 21 days is recommended, followed by seasonal detoxes to maintain your health and balance.

20+ Points

Your body is showing signs of a high toxic burden. This is likely affecting you in your daily life, with symptoms like inflammation, lower energy, mood dips, and a lack of motivation. A 21-day detox is recommended to start, followed by seasonal detoxes (7, 14, or 21 days) to help reduce toxin buildup until your score drops to 10 points or lower. At that point, you can switch to one 7-day detox each season or quarter.

Next Steps

There are lots of people who have scored well over 100 points and are now feeling great again and I want to show you how to do the same!

Schedule your free 15 minute consult to discuss ways you can reduce your toxic burden and start feeling great!

[Schedule Your
Free Consultation!](#)